

Become a Lifestyle Coach for a Diabetes Prevention Program



What is a Lifestyle Coach?

Lifestyle coaches are accessible, collaborative, and culturally competent peer educators, health promoters, community health workers, or diabetes care and education specialists trained in Centers for Disease Control and Prevention (CDC)'s PreventT2 curriculum to provide effective guidance and support for program participants.

ADCES Diabetes Prevention Program (DPP) Online Lifestyle Coach Training

ADCES is a CDC-approved Lifestyle Coach Training Entity and has developed a five-week online training program to equip participants with the skills to deliver the National Diabetes Prevention Program. Through engaging web-based training modules and interactive weekly Zoom sessions, attendees will participate in discussions and activities that make the content come to life.

This workshop will cover crucial components such as the CDC's PreventT2 curriculum, the cornerstone to a successful DPP and gain insight from practicing lifestyle coaches to learn best practices and real-life examples.

Resources includes:

- National Diabetes Prevention Program curriculum overview
- Lifestyle Coach Facilitation Guide (Phase 1 and Phase 2)
- Coach's Manual and Participant Manual

Register for online training:

May 16 - June 20

**Mandatory Wednesday Calls :
12:00p.m. - 1:30 p.m. CT**

Register here:

<https://www.diabeteseducator.org/event/OLCT220516>

There is no registration fee for this event, as it is being sponsored by the Kansas Department of Health & Environment.

